



OBESITY PREVENTION PRESCRIPTION FOR OUR COMMUNITY:

WE COMMIT TO DO SOMETHING.....

(SEARCH FOR YOUR COUNTY USING YOUR BROWSER'S EDIT & FIND ON THIS PAGE IN UPPER LEFT OF YOUR SCREEN)

Obesity Prevention Prescription for Our Community



- Leverage major employers to push health and wellness programs; institution and community
- Create/Facilitate/Implement simple tools across the community, that encourage positive health behavior
- Develop our group to include a more diverse team, including the health departments and meet again
- Target providers to develop tools to help our patients, and have fun doing it

Signed: Vicki Robinson, Nicki Osterholt Elaine Karaszekski, Sheryl Bourzac, Dee Dee Sterling, and Kelly Holmes

From: St. Joseph, Elkhart, and Kosciusko counties and community hospitals

Obesity Prevention Prescription for Our Community



- Organize weekly farmers market in a county that does not currently have one

Signed: Shannon Stoner, Cindy Stoner, Stacy Flur, Sharon Andersen, Joanne Schafer, and Tracy Robinson

From: Hendricks, Allen and Miami counties; Dukes Memorial Hospital; Ft. Wayne Community Schools, and St. Vincent Carmel

Obesity Prevention Prescription for Our Community



Family Wellness

- Need for state staffing to put ideas into practice and to promote it
- Fitness clubs – open their doors to family discounts
- Use schools after hours for healthy cooking classes, and fitness activities
- Give doctors more resources like brochures to give patients with fitness and nutrition information
- When weather climate is not conducive use indoor activities, such as mall walking
- Outdoor maps of good spots for exercise
- Media campaign: Public Access Channel

Signed: Kim Jen Bunu, Melissa Osha, Kimberly Galeaz, RD, CD, Leslie Nelson, Mindy Mayol, and Kathy Dean
From: Hendricks and Marion counties; Carmel Clay School Corporation, Galeaz Food and Nutrition Communications, The Care Group, LLC, Donna Middle School, and Marsh Pharmacy

Obesity Prevention Prescription for Our Community



- Identify and publicize places throughout the country that families can exercise safely
- Measure and mark distances
- Provide benches to encourage beginners to start moving without being intimidated by the distance
- Talk to schools, churches, parks, and other groups to establish places families can use for exercise
- Find out who the players are in the community and form a task force to begin the process

Signed: Bonnie Burbrink, Sharon Wilkerson, Ruth Ann Hendrix, Marx McPheeter, Toni Warburton, Barbara Bowman, and Debbie Mathis
From: Jackson, Brown, and Clark counties; Seymour Community Schools, PU Cooperative Extension, Jackson County Health Department, Brown County Health Department, and Brown County School Corporation

Obesity Prevention Prescription for Our Community



- Development of a community-based wellness council using established available resources
- Adding community resources that are not currently involved to create a membership
- Members would be inclusive of local government, school systems, parents, and healthcare providers

Signed: Jenni Purcell; Jason Witter, Susan Landess, Mary Harrington, Tim Welch, Oscar Morales, and Ellen Peirson
From: Delaware, Randolph, Marion and Madison counties; Madison County Health Department, Cardinal Health, Indiana Latino Institute, YMCA Muncie, Randolph Eastern Schools

Obesity Prevention Prescription for Our Community



- Develop a team who will write the wellness policy for our school corporations, as required by the Child Nutrition and w/c Reauthorization Act of 2004, this team will include school administration, parents, students, school faculty and staff, Purdue Extension, medical professionals, community business, service agencies, local government, other stakeholders
- Develop a county-wide team that mirrors the composition of the school wellness team

Signed: Holly Murray, and Georgia Wagner
From: Franklin and Wayne counties; Purdue Extension

Obesity Prevention Prescription for Our Community



- The Health Department will organize community agencies to collaborate for healthier lifestyles

Signed: Vanserburgh Dubois

From: Knox county

Obesity Prevention Prescription for Our Community



- Organize community challenges/community walks, family fitness nights/mall walks
- Use resources like media, site/locations to organize
- Ask local vendors for donations, media support efforts
- Use volunteers for the walks/challenges – PTA, scouts, seniors
- Pledge money for a walk challenge

Signed: Julie Hardin, Lisa Kincaid, Martha Rardin, Amanda Patrick, Jana Curry, and Laura Pryor

From: Johnson, Hendricks, Delaware, and Hamilton counties; Dairy and Nutrition Council, Hendricks Regional Health, Edinburg/Trafalger Family Health Center

Obesity Prevention Prescription for Our Community



- Pull together a representative, community wide coalition focused on children and their families with a Vision on promoting wellness in our communities

Signed: Sally Watlington, Carolyn Snyder, and Susan Smith

From: Montgomery and Tippecanoe counties; Crawfordsville Community Schools, Family Services Inc., Tippecanoe Community Health Clinic

Obesity Prevention Prescription for Our Community



- Education; community based, collaborative
- One central resource i.e. Coalition, health department
- Promote best practices, facts to schools, parents, and grandparents
- Infrastructure for health communication
- Wellness campaign community wide

Signed: Pauline Shen, Sue Bergstrom, Judy Pope, Ingrid Miller, Rhonda Ausk, Patricia Peerson, Joan Krogman, Peg Argerbright, Connie Smith, Mary Flory, Annie Mahon

From: White and Tippecanoe counties; Frontier Jr./Sr. Schools, Lafayette School Corporation, Individualized Care Management, Tippecanoe School Corporation, Purdue Student Wellness Office, North White

Obesity Prevention Prescription for Our Community



- Form a coalition of partners who have vested interest in the health of our community to access resources within our community
- To include representation of at least one from the following groups; health care, schools, business', government, higher education, citizens, non-profit agency or organizations

Signed: This was not signed by the participants

From:

Obesity Prevention Prescription for Our Community



- Using pedometers, get together teams to see who can walk the most
- Teams would be organized by program or organization (hospitals, factories, offices)
- The winning team could get a healthy carry-in lunch

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Obesity Prevention Prescription for Our Community



- Poster campaign at schools, and worksites
- Vending options – calculate calories – take steps – as necessary

Signed: Pamela Dean, Dorie Fowls

From: Allen county, Ft. Wayne Community Schools

Obesity Prevention Prescription for Our Community



- Step up to health (from national parks department)
- It starts today
- Promote fitness and pedestrian pathways in our community
- Mapping the parks, foot, pedal and paw
- Foot and bike tour of parks
- Sponsorship: public/private parks and grant funds
- Measures: fitness log, pedometers

Signed: This was not signed by the participants

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Obesity Prevention Prescription for Our Community



- Wellness assessment of 4th graders and other interested person in community

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Obesity Prevention Prescription for Our Community



- Set up communication infrastructure from state to county, from county to legal business, to be distributed
- A wellness program for each individual business that would be cost-effective and easy to implement
- Creating a “Eat Complete” program; where local business promotes convenient, healthy food choices

Signed: Michael Encapera, Beth Foland, Suzette Hartmann, Lynnetta Abram, Tamara White

From: Madison; Doe, and Delaware counties; White River Club, Indiana Department of Education, and Delaware County Health Department

Obesity Prevention Prescription for Our Community



- Adapt the community to walking and biking
- Community website resource center
- Community promotion of In Shape Indiana
- Encourage community to be involved in school wellness policy

Signed: Heather Ross, Kristy Barnes, Barbara White, Mary Holm, Jeanette Oliver, Karen Richey, and Dr. Walters
From: Hamilton, Marshall, Kosciusko, St. Joseph and Jackson counties; Funshine Children's Center, HFC/DePuy Orthopedics, Inc., Washing Elementary, Marshall County Health Department, South Bend Community Schools, Purdue Copper Extension, Indiana Academy of Family Physicians

Obesity Prevention Prescription for Our Community



- Our community will establish a county taskforce responsible for creation and implementation of policies related to nutrition and obesity

Signed: Danielle Griffin, Solenia Burnside, Carol Sparks, Will Fox, Judith Stinemetz
From: St Joseph, Monroe, and Pulaski counties; Memorial Health Center, Monroe County Schools, Pulaski Memorial Hospital, St. Joseph County Health Department.

Obesity Prevention Prescription for Our Community



- Talk to area schools about getting healthier options in snack machines and beverage machines
- Meet with schools to healthier options in cafeterias – wheat bread, baked chips
- Encourage organizations to give “fitness breaks” instead of “smoke breaks”
- Talk to fitness facilities about hosting an open gym night 4 times a year
- Talk to area schools about allowing the community to walk in school hallways during the evenings
- Talk to media about big initiatives, spread the word
- Ask local newspapers to take pictures of community member as the get “In Shape”
- Talk to schools, restaurants, and organizations about developing smoke-free policies
- Seek out safe, well-lit walking routes to share with community

Signed: Becky Meyer, Vera McPheeters, Chuck Folz, Sherri Schmidt, Tracy Dwenger, Cecilia Shelby, and V. Powell

From: Clark, and Ripley counties; Healthmarx, Margaret Mary Community Hospital, and Ripley County Health Department

Obesity Prevention Prescription for Our Community



- Participate and establish or enhance wellness committees in our communities
- Our communities will find strengths and resources already available to perform needs assessments

Signed: Alison. Zajdel, Heidi Miller, Joyce Darnell, Davis Ellis, Michael Patterson, Clinton Meharry, Martha Riddle, and Becky Smallwood

From: Madison, Rush, Henry, and Wayne counties; Cope environmental Center, Family Health Center, Rush County Schools, Coronary Health Improvement Project, First Steps East Central Indiana, Wayne County Health Dept

Obesity Prevention Prescription for Our Community



- Farm to table
- Land, manpower, knowledge, and tools
- 9 month process; full 12 months to implement
- Log work time, measure harvest, measure consumption, and measure retail
- Pre-post assessment: altitude, knowledge, nutrition, health, and physical work

Signed: Kerri Zurbuch, Kristine Smith, Nancy Pyle, Marle Pedtke, Becky Larson, Andrea Bales, Dr. Nancy Slater, and Alexandra Yeung

From: Allen and Hamilton counties; City Walk, Neighborhood Health Clinics, Inc., IAAP School Health Committee, Ft. Wayne Schools, Indiana Builders Association, Indiana State of Environmental Managers

Obesity Prevention Prescription for Our Community



- All school children will 30 minutes of structured physical activity during the school day
- Train school personnel to integrate physical activity with the curriculum

Signed: Sara Gasiorowski, Chyrie Thompson, Laura McCammack, Holly Mathe, Ann Graves, Keith Bruning, and David Harris

From: Marion county, MSD of Wayne Township, Clarion Health Partners, Raphael Health Center

Obesity Prevention Prescription for Our Community



- Make citizens aware of the Regional Pedestrian Plan
- Build awareness of many benefits of a walking/biking community
- Explore necessary changes to zoning laws
- Social marketing plan for community
- Provide examples of how this has worked elsewhere
- Ask MPO what would be the best use of the communities time and agencies to implement this

Signed: Sandy Cummings, Dr. Suzan Moriarty, Chauna Edmond, Shannon O'Brien, Mary McKee, Barbara Homoya, Cindy Crawford, Nyota Omoiele, and Joan Trendell

From: Marion County Health Department, Wellpoint Anthem, Healthplex

Obesity Prevention Prescription for Our Community



- Educate the community on the need and the existence of the school wellness policy and why it's important by Fall 2006
- Provide leadership to councils as professionals
- Infrastructure of best practices via IPHA
- Provide wellness toolkits for small businesses through Chamber of Commerce in order to create healthier work environments
- Start wellness education that incorporates healthy choices and portion control from a young age

Signed: Preya Nyol., Leslie Hankins, David McDonald, Beth Koenen-Seelback, Kathleen Shoemaker, and Krysta Shutske

From: Marion county, AYS, Inc., Jameson Camp, Eli Lilly, Co., Indiana Public Health Association

Obesity Prevention Prescription for Our Community



- Establishing partnerships, creating local coalitions
- Assessment of community status
- Media attention/campaigns/initiatives
- Environments offering healthy options

Signed: Maya Bradstreet, Emily Walesky, Tammy Newport, Meridith McGriff, Jill Taylor, Bob Schmidt, and Penny Caudill

From: Marion, Monroe and Brown counties; Clarion Health, Indiana Health Centers, AYS, Inc, Monroe County Health Department, and Brown County Health Department

Obesity Prevention Prescription for Our Community



- In Shape Indiana will take the lead in a more consistent, unified message among the numerous health organizations in Indiana
- Tool kits on the website including local neighborhood maps showing exercise areas, local health clubs, local farmers markets, sample flyers on to start a neighborhood walk

Signed: Dr. MJ Drgis, Steve Wright, Sue Switzer, Michael Neeley, Brian Holdsworth, and Mary Jane Hall

From: Marion county, Indiana School Nutrition Association, Indiana Parent Teacher Association, Alliance for Health Promotion, Westview Healthplex, Community Physicians of Indiana

Obesity Prevention Prescription for Our Community



- Participate on school wellness council
- Identify school wellness coordinator
- Identify others who should be on the council
- Education about obesity and school wellness
- Identify champions for school
- Identify Best Practices and share with other groups; communities; and faith based organizations

Signed: Neva Cottam, Jim Maloney, Sunni Duvall; Nancy Cuba; Patty Morris, Jordan Bingham, and Aida McCammon

From: Monroe, Gibson, and Lawrence counties; IU Department of Applied Health, Gibson General Hospital, American Heart Association, Community Health and Wellness Center, and Indiana Latino Institute, Inc.